



Free Webinar Next Week

Register

#2.3 - July 20, 2022
Acceptance is the Answer

What I'm Thinking

Anyone who has been around the AA tables for very long has heard of page 417. It's the famous page on acceptance. It makes the bold claim that "acceptance is the answer to all my problems today." If that's true (and yes, I believe it is) what are the questions. That's the idea I am playing around with for my talk at this year's Minnesota Association of Resources for Recovery and Chemical Health (MARRCH) Fall Conference. [Here's a [link](#) to the conference page. Hope to see you there.]

At face value, the quote itself says the question is irrelevant. Acceptance is always the answer. Always! (Yes, I believe that, too.) So I have been playing around with different questions to see if that's true. Admittedly I have had to limit the type of questions. If the question is should I go to this restaurant or that one for supper, that is a decision question. I weigh the options and make my decision.

It must then be a particular type of question. Dr. Paul O., the author, actually says it is the the solution to all my problems. So perhaps the question might boil down to the simple, "Why me?" It's an answer to an attitude question, "How can I live with this?" It may be a question of "I can't let this just happen. How do I handle it?"

As an answer it is about accepting life on life's terms, as the author also says. It goes deeper; it goes into the difference between acceptance and mindless submission. It goes far beyond simply giving in to bad and evil and hatred. It is not a resigned [deep sigh] "Woe is me and that's my lot in life."

Which is why it will take my a whole presentation (with discussion and questions) to talk about it. To give away part of the story, it is what Dr. Paul begins the paragraph with, having to learn how to live in the answer, acceptance, and not in the questions, problems. I have to be honest, it is a big part of how I have managed to stay sober. I have come to believe that it is the hidden-in-plain-sight miracle path we in long-term recovery must discover and walk.

Oh, and the result? Serenity.

But that 's for another time.



Facing Challenges - Building Recovery

Digging deeper into how mastering recovery helps us get unstuck.

Phase 1- Foundation

- [Week 1]- Naming your fears
- [Week 2]- What's happening now?
- [Week 3]- ONE Goal

Phase 2- Flow

- [Week 4] Building Your Plan
- [Week 5] Working your plan
- [Week 6] Staying Unstuck, Staying Healthy

Phase 3- Freedom

- [Week 7] Spirituality and Community
- [Week 8] Values and Purpose
- [This Week] Gratitude and Acceptance
 - The power of gratitude and acceptance in your recovery
 - Staying focused on what has worked and what might need work
 - Celebrate and make plans for what's next

[Link to a copy of the](#)

Mastering Recovery Roadmap to download.

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Whether you got this directly from me or had it forwarded to you- why not forward it to someone you think might be interested?

Quote and Picture of the Week

You are accepted. You are accepted, accepted by that which is greater than you, and the name of which you do not know. Do not ask for the name now; perhaps you will find it later. Do not try to do anything now; perhaps later you will do much. Do not seek for anything; do not perform anything; do not intend anything. Simply accept the fact that you are accepted!

- Paul Tillich



**Yep. That's acceptance,
too!**

Next Week



A Mastering Recovery Free Live Webinar

**Staying Unstuck in
Long-term Recovery**

**Wednesday, July 27, 2022
12:00 noon CDT**

You will discover:

**The Symptoms of Being Stuck
Mastery as a Blueprint to Long-term Recovery
What Will Work for You Your Plan of Practice**

Recovery is not something we do;
It is a lifestyle;
It is who we are.

Register now!

<https://balehman.com/webinar1/>

Click on picture for more information and to register.

Mastering Recovery Tools and Resources

Here are current resources:

- **The book**, *Mastering Recovery: Find a New Freedom and a New Happiness Through Long-term Recovery*. [Amazon link](#). (Kindle, paperback, hardback, and audio book)
- **The book**, *Mastering Recovery: A Three-Week Journal to Start the Path of Mastering Recovery*. [Amazon link](#). (Paperback only.)

- **The Mastering Recovery web** pages have had an upgrade. Go to the home page:

www.masteringrecovery.net

- **The Mastering Recovery Facebook page**- a public face for posts about ideas, resources, and general thoughts from me.

[LINK to Mastering Recovery Page](#)

- The **Mastering Recovery Facebook group** is for those who want to engage more deeply in discussion regarding long-term sobriety and the ideas behind mastery. As a "*private group*" only those who are members, admitted by the administrator (me, for now), will be able to see and make posts.

[Link to JOIN](#)

the members-only Facebook Group

There are regular posts to both groups for fun, information, and discussion. Any ideas or suggestions will be welcome on the page or the group.

- There is a **Newsletter Archive** for all the weekly newsletters on the website. [Link to past newsletters](#).

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Now would be a good time to forward this newsletter to others you think might benefit from it. Help them get on board.

[Email Me](#) with ideas or questions and watch for more information in the next weeks.

Barry Lehman

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